

	Breakfast 1	Breakfast 2	Meal 1	Meal 2	Meal 3
4/1 & 4/4	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	Smothered Breakfast Burrito	Grilled Steak Mashed Potatoes Brussel Sprouts	Tilapia Cake Roasted Parsnips Broccoli	Ground Turkey Whole Grain Spaghetti Spinach (sauce)
4/8 & 4/11	Blueberry Protein Pancake, Scrambled Eggs, Mixed Fruit	Cinnamon Roll Protein Waffle Spinach & Tomato Frittata Mixed Fruit	Smoked Pulled Pork Roasted Red Potatoes Green Beans	Grilled Salmon Toasted Farro Bok Choy	Baked Chicken Breast Quinoa Blend Roasted Beets
4/15 & 4/18	Breakfast Tower	Ham, Spinach and Tomato Frittata, Mixed Fruit	Steak flat bread Roasted Bell Peppers & Onion (cheese)	Garlic Sauteed Shrimp Whole Grain Linguine Chopped Asparagus	Ground turkey Wild Rice Kale
4/22 & 4/25	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	South of the Border Breakfast w/ Chorizo Sausage Scrambled egg whites Roasted Potatoes	Roasted Pork Loin Fingerling Potatoes Swiss chard	Baked Tilapia w/ lemon Bulgar Wheat Vegetable Salad (Red Onion, Red Pepper, eggplant)	Grilled Chicken Flour Tortilla Arugula (Lime Aioli)
4/29 & 5/2	Blueberry Protein Pancake, Scrambled Eggs, Mixed Fruit	Smothered Breakfast Burrito	Shaved Beef Israeli cous cous Spinach/Sun Dried Tomato/ Onion	Baked Salmon (Teryaki) Roasted Carrots Snow Peas	Turkey Burger Patty Yam Mash Green Beans

	Breakfast 1	Breakfast 2	Meal 1	Meal 2	Meal 3
5/6 & 5/9	Breakfast Tower	Cinnamon Roll Protein Waffle Spinach & Tomato Frittata Mixed Fruit	Ground Beef Whole Wheat Pita Diced Tomato, Red Onion, Cucumbers (Tzatziki Sauce)	Roasted Turkey Baked, Roasted, Sliced Butternut Squash Collard Greens	Balsamic Chicken/ Onions Whole Grain Pasta Roasted Garlic Tomatoes
5/13 & 5/16	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	Ham, Spinach and Tomato Frittata, Mixed Fruit	Beef Roast Mashed Russet potatoes Green Beans	Rolled & Stuffed Tilapia (Stuffed with 4 oz spinach & Feta) Quinoa	Smoked Turkey Black Wild Rice Zucchini Squash
5/20 & 5/23	Blueberry Protein Pancake, Scrambled Eggs, Mixed Fruit	South of the Border Breakfast w/ Chorizo Sausage Scrambled egg whites Roasted Potatoes	Cubed Steak Diced Parsnips Vegetable Medley	Salmon Bowl (sweet chili) Farro Edamame, Shredded Carrots	Grilled Chicken White Rice Broccoli
5/27 & 5/30	Breakfast Tower	Smothered Breakfast Burrito	Carnitas Bowl Brown rice w/ Cilantro Corn, Peppers, Red Onion	Shrimp 2 flour Tortillas Tomato, lettuce, onion Arugala (cheese)	Turkey Meatloaf Rutabaga Mash Purple & Green Cabbage
6/3 & 6/6	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	Cinnamon Roll Protein Waffle Spinach & Tomato Frittata Mixed Fruit	Korean Beef (Cubed) Vegetable Fried Rice	Tilapia w/ Kale Pesto Whole grain pasta Roasted tomatoes & onions	Pulled Chicken Black Beans Corn, Tomato, Onion
6/10 & 6/13	Blueberry Protein Pancake, Scrambled Eggs, Mixed Fruit	Ham, Spinach and Tomato Frittata, Mixed Fruit	Italian Sausage Barley Spinach	Chili Shrimp Wild Rice Sugar Snap Peas	Turkey Breast Grilled Sliced Yams Collard Greens

	Breakfast 1	Breakfast 2	Meal 1	Meal 2	Meal 3
6/17 & 6/20	Breakfast Tower	South of the Border Breakfast w/ Chorizo Sausage Scrambled egg whites Roasted Potatoes	Smoked Pork Loin Cous Cous Brussel Sprouts	Tilapia Jasmin Rice Summer Squash	Ground Beef Orzo Broccoli